

Emergency Preparedness Tips

Planning for An Evacuation

- Know the disasters most likely to affect your area. (In our region, earthquakes, flooding, and mudslides are among the largest threats.)

- Pick two meeting places--one outside your home in case of a fire and another further away in case evacuation of your neighborhood or community is necessary. Discuss ways to safely reach these destinations.

- Find out the policy of your local school concerning the release of your children in an emergency, such as an earthquake.

- Choose an out-of-state contact person that you and your family can check in with should you be separated.

- Post and review emergency numbers important to your family and your specific community (see the list below).

- Meet with your neighbors and local authorities to discuss ways to help each other in the event of a disaster.

- Review basic first aid and CPR techniques.

Preparing a Survival Kit

- Food - Should be non-perishable and ready to eat without preparation. Suggested items include canned meats, fruits and vegetables, peanut butter, granola bars, crackers, and trail mix.

- Water - One gallon per person per day should be stored in safe durable containers. It's recommended that you include a three-day supply for each person in your family.

- Additional Supplies - Items should be added for your specific environment. For example, additional blankets and rain gear, a flashlight with extra batteries, matches and signal flares.

- Keep in mind any specific medical conditions you or a family member may have as well as the special needs of small children, infants, and elderly family members.

Planning for Your Pets

- Create a pet emergency kit with a pet carrier, three days of water and pet food stored in an airtight container, pet medications, photocopies of your pet's medical records in a waterproof container, an extra harness or leash, a blanket, disposable garbage bags, a pet first-aid kit, and a picture of you and your pet in case you become separated.

- Arrange for a safe place for your pet to stay. Contact hotels outside the immediate area to see if they accept pets. (For health and safety reasons, Red Cross disaster shelters do not allow pets.) Keep a list of boarding kennels and veterinary hospitals, both locally and outside the immediate area, in your pet emergency kit. Ask family or friends outside your area if they would keep your pet in an emergency.

- Obtain a "pets inside" sticker and place it in a window where it will be visible to rescue workers if you are unable to evacuate with your pets.

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